

Hot Monogamy

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co authored with best selling writer jo robinson hot monogamy guides individuals and couples through a personal experience which unfolds secrets to long lasting love based on research and 30 years clinical experience this practical guide helps you understand yourself as well as the path to your partner s heart

this is written for everyone whether embarking on a first serious love affair newly married feeling the seven year itch or wanting an already long term partnership to become a life long romance this book takes the reader through a progressive and well tried programme of sex therapy

whether straight or gay most men start their relationships desiring monogamy this is rooted in the pervasive notion that monogamy exists as a sign of true love yet despite this deeply held cultural ideal cheating remains rampant in this accessible book eric anderson investigates why 78 of men he interviewed have cheated despite their desire not to combining 120 interviews with research from the fields of sociology biology and psychology anderson identifies cheating as a product of wanting emotional passion for one s partner along with a steadily growing desire for emotionally detached recreational sex with others

anderson coins the term the monogamy gap to describe this phenomenon anderson suggests that monogamy is an irrational ideal because it fails to fulfil a lifetime of sexual desires cheating therefore becomes the rational response to an irrational situation the monogamy gap draws on a range of concepts theories and disciplines to highlight the biological compulsion of our sexual urges the social construction of the monogamous ideal and the devastating chasm that lies between them whether single or married monogamous or open straight or gay readers will find the monogamy gap to be an enlightening intellectually compelling and provocative book

do you want a marriage or partnership that sizzles and inspires others do you want to dive into an entirely new level of intimacy are you ready to do the work like for real the the birds and bees of joyful monogamy has arrived in your lap at the perfect time sometimes couples authors get dedicated to one point of view or perspective and you end up needing to read five to ten books to gather the best material research and work that exists look no further this book provides a wealth of the predominant research on happy marriages and couples and then puts muscle behind that information with risky sexy and in depth exercises designed to transform your relationship if you think your partner may not join you on the adventure of this hands on book no worries you will create value by doing the work yourself and if you have the delight of diving in with a partner who is ready for date nights that deepen your connection and set you up for a lifetime of a passionately alive partnership then enjoy lynne sheridan has a unique perspective in that she has been an international transformational trainer for 27 years working with tens of thousands of people in creating what matters wealth success and yes happy relationships at the same time she is a licensed marriage and family therapist working with clients who really want to do the work to have their partnership thrive and after conducting couples retreats for nearly fifteen years she has ample material and evidence to back her practices in the prologue lynne makes it clear that this isn't a self help book where the author peddles philosophy from a pedestal she's been in the muck with all of us in fact my third year of marriage was hell i imagined from the author of a book on relationship bliss but it's the truth and the truth sometimes is painful to acknowledge and even harder to admit but i have also learned that once you acknowledge a painful truth you can create something else that year of hell became the compost for the development of incredible growth over a decade of successful couples

retreats and scores of couples knowing what's possible in their relationships it makes sense put any seed in total shit and something amazing will blossom out of the dung it isn't a pretty process but the yield is amazing there is no doubt about it that year of hell was the beginning of the turning point for my marriage and our relationship i didn't know it then but it would have made it easier to get through if i would have known that somehow gems would be mined from the minefield that became a lot of our conversations dream university founder and best selling author marcia weider says lynne has a way of making complicated material accessible and usable she also has the unique ability to take what appears to be conflicting or differing perspectives and weave them together showing patterns and similarities that allow for a deeper understanding of ourselves and significant others what that means is that not only will you glean fresh insights but also a real understanding of the inner workings of your relationships and through the powerful exercises in each chapter you will be able to immediately put in to use what you are learning with lynne's guidance you will have more than a conceptual awareness of the material but also simple practices to live and embody this wisdom best selling author raymond aaron says sometimes when it comes to relationship advice authors have a way of getting caught in one perspective lynne has found a way to weave together cutting edge research on relationships and bring it to life with experiential processes for you to follow at the same time lynne gives very real examples from others as well as from her own life with humbling vulnerability you can count on lynne being candid clear and saying it like it is and giving you permission and ways to practice doing the same

nothing is as it seems at first sight feelings are laid bare there is no black and white there is no right and the wrong feels too good to be trusted people think that alex was born with a silver spoon in his mouth not only rich but blessed by luck men respect him women dream of him and alex alone knows the strength it takes to conceal his tortured soul and devastating secrets but despite those powerful life lessons he has always believed in his father's words when you fall in love you love forever it's in our family blood look for her and you'll find your happiness beyond thought valeria has never experienced actual romance an early pregnancy a hasty marriage a life filled with work and study and considers herself a pragmatist she was taught to live by the rules if you get married then you love your husband if you dream of a new home then you work hard but when against all logic she

finds a beautiful stranger in her bed her world turns upside down after all falling for the forbidden can be too sweet not to try at least once they come from the opposite ends of the globe but the collision of two soulmates is destined fate will send them on a lifelong journey from eastern europe to spain france the united states and back their story is a mix of a beautiful fairy tale and a painful nightmare it s not something you ve heard before everything is too vivid too honest too emotional and too profound an attraction at first sight a passion that breaks all rules a hypnotic melody it conquers all this is one love for life and beyond time this is monogamy

in this brilliant book fisher looks at the innate aspects of love sex and marriage she examines flirting behavior and other courting postures we use to woo each other she explores the brain chemistry of attraction and attachment and posits a new theory the four year itch about when and why marriages are most likely to end

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